

21 OCT 1959



JOINT COUNTY COUNCIL OF MORAY AND NAIN.

R E P O R T

by

The Medical Officer of Health

for the year

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JOINT COUNTY COUNCIL OF MORAY AND NATHAN.

R E P O R T

by

The Medical Officer of Health

for the year

1928.

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County Buildings,  
Elgin,

15th September 1959.

To The Secretary, Department of Health for Scotland, The Joint  
County Council of Moray & Nairn, The Moray County Council,  
The Nairnshire County Council, The Town Councils of Burghead,  
Elgin, Forres, Grantown-on-Spey, Lossiemouth, Nairn and Rothies.

My Lords, Ladies and Gentlemen,

I have the honour to submit the Annual Report on the health of Moray  
and Nairn for the year ending 31st December 1958.

The principal vital statistics for the year indicate that the health  
of the community was very satisfactory. The Infant Mortality rate was the  
lowest ever recorded in the combined County and the number of deaths from  
tuberculosis equalled the previous low record of 1952.

An outstanding feature of the year's work was the highly successful  
Mass X-ray Campaign which brought to light sixteen cases of active pulmonary  
tuberculosis. Vaccination against poliomyelitis continued to occupy much  
of the time of the Health Department, both in the administration and carrying  
out of the programme. Good progress was made during the year.

Apart from poliomyelitis, the incidence of infection was relatively low  
throughout the year. Nairnshire, however, suffered a sharp outbreak of this  
disease in the late autumn, and there were two fatal cases.

Once more it is a pleasure to express my appreciation for the interest  
and support given by the chairman and members of the Health Committee throughout  
the year. I am grateful to the officials of the County Council for their  
help in all matters relating to the work of this department and to all the  
staff of the Health Department for another year of loyal service and hard  
work.

I am,

Your obedient servant,

JOHN DEWAR.

Medical Officer of Health.

County Bulletin  
15th September 1955

To The Honorable, Department of Health for Scotland, The Joint  
County Council of Moray & Nairn, The Honorable County Council,  
The Honorable County Council, The Town Council of Banff,  
Elgin, Forres, Garmouth-on-Spy, Garmouth, Nairn and Portsoy

My Lords, Ladies and Gentlemen,

I have the honor to submit the annual report on the health of Moray  
and Nairn for the year ending 31st December 1954.

The statistical vital statistics for the year indicate that the health  
of the community was very satisfactory. The Infant Mortality rate was the  
lowest ever recorded in the combined County and the number of deaths from  
subacute diseases was also the lowest.

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An outstanding feature of the year was the continued low incidence of  
communicable diseases. The incidence of poliomyelitis continued to remain very  
low. The incidence of diphtheria was also very low. The incidence of  
scarlet fever was also very low. The incidence of measles was also very low.

Against these encouraging figures, the incidence of infection was relatively low  
throughout the year. However, there was a sharp increase of  
disease in the late autumn, and there were two fatal cases.

Once more it is a pleasure to express my appreciation for the interest  
and support given by the chairman and members of the Health Committee during  
the year. I am grateful to the officials of the County Council for their  
help in all matters relating to the work of this department and to all the  
staff of the Health Department for another year of loyal service and hard  
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Yours obedient servant,

JOHN DUNN

Medical Officer of Health



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PRINCIPAL VITAL STATISTICS FOR 1958.

Population.

Registrar General's estimate at middle of 1958	57,438
1951 Census (Enumerated)	56,937

The Registrar General's estimate of the population of Moray and Nairn at the middle of 1958 was 57,438. The corresponding figure at the middle of the previous year was 58,500. The 1958 figure was made up as follows:

Moray County

Landward	23,300
Burghead Burgh	1,385
Elgin Burgh	11,528
Forres Burgh	4,974
Grantown-on-Spey Burgh	1,543
Lossiemouth and Branderburgh Burgh	5,225
Rothies Burgh	1,205

Nairn County

Landward	3,610
Nairn Burgh	4,668

<u>Total</u>	57,438
--------------	--------

Births, Deaths and Marriages.

	<u>Total Number</u>	<u>Rate or Percentage</u>
<b>Live Births.</b>		
Registered in District	1,006	
Corrected for transfer	1,143	19.9 per 1,000 population
Legitimate	1,097	96.0% live births
Illegitimate	46	4.0% live births
<b>Stillbirths</b>		
Registered in District	10	
Corrected for transfer	17	14.6 per 1,000 total births
<b>Marriages</b>	418	7.3 per 1,000 population
<b>Deaths</b>		
Registered in District, all causes	589	
Corrected for transfer	660	11.5 per 1,000 population
Tuberculosis (all forms)	3	5.2 per 100,000 "
" (respiratory)	3	5.2 per 100,000 "
Principal Epidemic Diseases +	5	8.7 per 100,000 "
Children under 1 year	24	21.0 per 1,000 live births
Children under 4 weeks	16	14.0 per 1,000 live births
Maternal Deaths	2	1.7 per 1,000 total births

+ Typhoid fever, meningococcal infections, scarlet fever, whooping cough, diphtheria, influenza and measles.

Births.

The number of live births, corrected for transfer was 1,143 as compared with 1,113 in 1957. The birth rate for the year was therefore 19.9 per 1,000 of population. The birth rate for Scotland in 1958 was 19.2. During the past/

PRINCIPAL VITAL STATISTICS FOR 1928

Population

Registrar General's estimate at middle of 1928  
1921 Census (Enumerated)  
57,438  
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Nairn County

Landward	3,610
Nairn Burgh	1,668

Total

57,438

Births, Deaths and Marriages

Rate or Percentage	Total Number	
Live Births		
Registered in District	1,006	
Corrected for transfer	1,143	
Legitimate	1,097	
Illegitimate	46	
Stillbirths		
Registered in District	10	
Corrected for transfer	17	
Marriages	418	
Deaths		
Registered in District	589	
All causes	660	
Corrected for transfer	3	
Tuberculosis (all forms)	3	
" (respiratory)	3	
Principal Epidemic Diseases +	5	
Children under 1 year	24	
Children under 4 weeks	16	
Maternal Deaths	2	
11.7 per 1,000 total births		
14.0 per 1,000 live births		
21.0 per 1,000 live births		
8.7 per 100,000		
"		
2.2 per 100,000		
"		
2.2 per 100,000		
11.5 per 1,000 population		

+ Typhoid fever, meningococcal infections, scarlet fever, whooping cough, diphtheria, influenza and measles.

Births

The number of live births, corrected for transfer was 1,143 as compared with 1,113 in 1927. The birth rate for the year was therefore 19.2 per 1,000 of population. The birth rate for Scotland in 1928 was 19.2. During the year



past five years, the birth rates for Moray and Nairn and for the whole of Scotland have been as shown in the following table.

Year	Moray & Nairn	Scotland
1954	19.8	18.0
1955	18.4	18.0
1956	19.5	18.5
1957	19.0	19.0
1958	19.9	19.2

#### Marriages.

The number of marriages registered was 418. Over the last five years the number of marriages registered has been remarkably constant.

Year	Marriages Registered
1954	414
1955	428
1956	423
1957	424
1958	418

#### Deaths.

After correction for transfer had been made, the number of deaths was 660, the crude death rate for the year being 11.5 per thousand. In 1957 there were 649 deaths with a crude death rate of 11.1 per thousand. In Scotland the death rate in 1958 was 12.0 per thousand. The age incidence of deaths in 1958 is shown in the following table.

Under 1 Year	1 - 4	5 - 9	10-14	15-24	25-34	35-44	45-54	55-64	65-74	75-84	Over 85 Years.
24	8	1	3	10	13	19	49	73	182	201	77

A detailed list of causes of death appears in appendix A. Study of the appendix shows that arteriosclerotic and degenerative heart disease along with the other circulatory diseases accounted for the highest proportion of deaths. 268 deaths (or 41% of the total) came into this group. The corresponding percentage in the previous year was 40%. Vascular disease of the central nervous system accounted for 124 deaths (19% of the total as compared with 15% in 1957). There were 105 deaths attributed to malignant disease, the percentage of 16 being the same as the previous year. It will be seen therefore that the above main groups of causes accounted for three quarters of all deaths.

In view of the widespread concern about the relationship of lung cancer and cigarette smoking, it is of interest to note that 18 deaths in Moray and Nairn during 1958 were caused by malignant disease of the lungs.

Motor vehicle accidents were the cause of 11 deaths, an increase of 4 on the previous year. Accidents in the home accounted for 10 deaths, as compared with 14 in 1957. Two fatalities were ascribed to suicide or self-inflicted injury while forms of violence other than the above accounted for 15 deaths.

Deaths due to tuberculosis and other infectious diseases, and deaths in infancy will be discussed in subsequent sections of the report.







## CARE OF MOTHERS AND YOUNG CHILDREN.

### (a) Ante-natal and Post-natal Clinics.

The clinics held in Elgin and Forres by the North-Eastern Regional Hospital Board and in Nairn by the Northern Regional Hospital Board continued as in former years. The attendances have been as follows:

#### Elgin Clinic.

New Ante-natal attendances	90
Total Ante-natal attendances	119
New Post-natal attendances	29
Total Post-natal attendances	30

#### Forres Clinic.

New Ante-natal attendances	106
Total Ante-natal attendances	241
New Post-natal attendances	52
Total Post-natal attendances	65

#### Nairn Clinic.

New Ante-natal attendances	112
Total Ante-natal attendances	267
New Post-natal attendances	19
Total Post-natal attendances	19

The number of attendances has decreased slightly as compared with the previous year. As has been observed in a previous report, most expectant mothers in the area look to their family doctor for ante-natal care and advice.

### (b) Child Welfare Clinics.

The Child Welfare Clinics at Elgin, Kinloss and Nairn continued as in the previous year and the attendances were well maintained as compared with 1957.

	<u>Under 1 year</u>		<u>Over 1 year</u>	
	<u>1957</u>	<u>1958</u>	<u>1957</u>	<u>1958</u>
Children attending	274	281	75	87
Total attendances	1745	1797	688	645

In December 1958, the Health Committee agreed to open a Child Welfare Clinic in the Bishopmill area of Elgin. The new clinic was not in operation during the year under review.

### (c) Dental Care.

During the first half of 1958, the Dental Staff consisted of one Senior Dental Officer. It will be recalled that during the whole of 1957 there had been no Assistant Dental Officer. In July 1958, however, an Assistant Dental Officer assumed duty. It was not possible for the Staff to undertake any work with regard to pre-school children.

### (d) Mother and Baby Homes.

#### Day Nurseries.

#### Residential Nurseries.

#### Children's Homes.

There/





There are no Institutions which are run by the Local Authorities, falling into these categories, in the area.

(c) Infant Deaths.

The number of deaths in Infants under the age of one year was 24, and the Infant Mortality Rate was therefore 21 per thousand live births. This is the lowest infant mortality ever recorded in the combined County. For Scotland the rate during the year was 23, this also being a record. The table below compares the County rate with the National figure for the past decade.

Year	Morey and Nairn	Scotland
1948	50	45
1949	39	41
1950	35	39
1951	32	37
1952	22	35
1953	30	31
1954	36	31
1955	32	30
1956	27	29
1957	26	29
1958	21	28

It is satisfactory to note that for the fourth successive year there has been an improvement in the County. In previous years one has compared infant mortality in Morey and Nairn unfavourably with the neighbouring Counties of Inverness, Aberdeen and Banff. In 1958, however, these three Counties had rates of 23, 19 and 35 so that Morey and Nairn ranks next to Aberdeen.

The following two tables show the deaths in the first month of life, and in the period of one month to one year. Apart from the general trend of improvement there is little variation in the pattern of these figures over the past few years.

In the second table, the five deaths due to "other causes" were certified as follows: cerebral haemorrhage - 2, meningitis - 1, septicaemia - 1, multiple burns - 1.

Causes of Infant Mortality in the First Month of Life.

	1946 to 1950	1951 to 1955	1956	1957	1958
Premature Birth	17.2	10.6	9	6	5
Congenital Debility	1.4	0.4	2	-	1
Congenital Malformation	4.6	4.8	3	7	2
Accidents of Delivery	4.2	5.4	2	4	4
Respiratory Disease	0.2	0.8	-	2	1
Alimentary Disease	0.6	-	-	-	-
Other Causes	0.8	1.4	3	1	5
Total	29.0	23.4	19	20	16





Causes of Infant Mortality, One Month to One Year.

	1946 to 1950	1951 to 1955	1956	1957	1958
Premature Birth	0.2	0.2	-	-	-
Congenital Debility	0.4	0.4	-	1	-
Congenital Malformation	1.4	2.4	4	-	2
Respiratory Disease	7.6	3.0	4	3	1
Alimentary Disease	2.2	0.2	1	-	-
Other Causes	6.0	4.2	3	5	5
Total	17.8	10.4	12	9	8

(f) Welfare Foods.

The distribution of Welfare Foods continued throughout the year from approximately 40 centres. There were no particular difficulties during the year. As before, the distribution was almost entirely undertaken by voluntary workers such as District Nursing Sisters, pharmacists, teachers, local shop keepers etc. The County Council are again indebted to the many helpers for their cheerful acceptance of this public service.

The table below gives particulars of the quantities of foods issued during the 52 week period to December 1958. It will be seen that the amount of orange juice distributed fell by about 25%. This was due to the fact that in November 1957 the age limit for the supply of orange juice was reduced from five years to two years. The arrangements for the supply of cod liver oil were unchanged so that the reason for the reduced uptake of this vitamin preparation is not apparent.

Year	National Dried Milk	Cod Liver Oil	Orange Juice
1956	36,396 tins	5,803 Bottles	38,161 Bottles
1957	33,282 tins	4,878 Bottles	42,847 Bottles
1958	31,251 tins	3,595 Bottles	31,892 Bottles.

MATERNITY SERVICES.

(a) Births Notified.

The number of births notified as occurring in Moray and Nairn during 1958 was 996. Of these 986 were live births and 10 were stillbirths.

(b) Nature of Attendance./





Joint County Council of Moray and Nairn—Health Department.

JOHN DEWAR, M.B. CH.B., D.P.H.  
MEDICAL OFFICER OF HEALTH.

TEL. NOS.

OFFICE—ELGIN 2603  
HOUSE—ELGIN 7670.

COUNTY BUILDINGS,  
ELGIN.

19th October, 1959.


The Editor,  
"The Medical Officer,"  
Chronicle House,  
72/78 Fleet Street,  
London, E.C.4.

Dear Sir,

I have pleasure in sending you two copies of my Annual Report for 1958. You will note on page 17 an account of a Mass Radiography Campaign conducted in the County during the year under review.

On page 23 there is a brief description of an outbreak of poliomyelitis in Nairnshire in the autumn of last year. I have made a study of this outbreak with particular reference to the effect of vaccination on the incidence of disease. This report is almost complete and I should be glad to know if you would consider it suitable for publication in the "Medical Officer."

Yours faithfully,

  
Medical Officer of Health.





(b) Nature of Attendance.

(1) Under Section 23 of the National Health Service (Scotland) Act.

(a)	Doctor engaged and present	..	..	..	..	120
(b)	Doctor engaged and not present	..	..	..	..	53
(c)	No Doctor engaged	..	...	..	..	..
Total						173

(11) Other Domiciliary Cases .. .. . -

(111) Cases in Hospitals and Nursing Homes in  
Moray and Nairn .. .. . 823

It will be seen that 173 out of 996 notified births were conducted in the patient's own home (17%). This figure is much in line with the trend of recent years. The percentages of domiciliary confinements in the area during the years since 1950 have been:

1950	1951	1952	1953	1954	1955	1956	1957	1958
31	24	18	19	19	17	16	18	17

(c) Maternal Deaths.

Two deaths as a result of childbirth were recorded during the year. One death was certified as being due to obstetric shock. The second fatality was caused by pulmonary embolism.

(d) Administration of Analgesia.

Gas & Air      Trilene

No. of domiciliary midwives in area qualified to administer analgesia.      26      10

No. of sets of apparatus for the administration of analgesia in use at 31st December 1958.      3      4

No. of cases in which analgesia was administered by midwives in domiciliary practice during the year:

(i) When doctor was not present at delivery      29      17  
(ii) When doctor was present at delivery      26      24

No. of cases in which pethidine was administered by midwives in domiciliary practice during the year:

(i) When doctor was not present at delivery      42  
(ii) When doctor was present at delivery      56

During the year, seven District Nursing Sisters received a course of training in the administration of Trilene and three further sets of Trilene apparatus were purchased. These are being used in (i) Bellie, Garrauth and Urquhart, (ii) Alves, Burghead and Duffus and (iii) Knockando and Rothen.

(e) Stillbirths./

10 Stillbirths were registered in the County during the year, the number after the necessary corrections for transfer into and out of the area being 17.  
The/

1937 .. .. .  
 1938 .. .. .  
 1939 .. .. .

1940 .. .. .

1941 .. .. .

1942 .. .. .

1943 .. .. .

It will be seen that 175 out of 222 notified births were contained in the  
 country's own data (79%). This figure is much in excess of the 60% of the  
 total. The percentage of notified births in the country's own data for  
 these years 1937 have been:

Year	1937	1938	1939	1940	1941	1942	1943	1944
Percentage	79	80	81	82	83	84	85	86

The figure is a small one, but it is significant. It shows that the  
 country's own data is being used to a considerable extent. The second table  
 shows the percentage of notified births in the country's own data for  
 these years 1937 have been:

(A) Percentage of notified births in the country's own data for these years 1937 have been:

No. of domiciliary midwives in each qualified to  
 administer anaesthetics.

No. of sets of apparatus for the administration  
 of anaesthetics in use at 31st December 1936.

No. of cases in which anaesthetics were administered  
 by midwives in domiciliary practice during  
 the year:

(i) When doctor was not present at delivery  
 (ii) When doctor was present at delivery

No. of cases in which obstetrician was administered  
 by midwives in domiciliary practice during  
 the year:

(i) When doctor was not present at delivery  
 (ii) When doctor was present at delivery

These figures show that the country's own data is being used to a considerable extent. It shows that the  
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 these years 1937 have been:

(B) Percentage of notified births in the country's own data for these years 1937 have been:

The figure is a small one, but it is significant. It shows that the  
 country's own data is being used to a considerable extent. The second table  
 shows the percentage of notified births in the country's own data for  
 these years 1937 have been:



The rate was therefore 14.6 per 1,000 total births. This is the lowest still-birth rate ever recorded in the area. The rate for Scotland in 1958 was 23.

In the years since 1950 the rates for Moray and Nairn and for Scotland are shown in the table below.

Year	Moray and Nairn	Scotland
1950	21	27
1951	30	27
1952	16	26
1953	26	25
1954	20	25
1955	27	25
1956	17	23
1957	30	24
1958	15	23

The causes of stillbirth do not call for special comment and were as follows:

Accidents of Delivery	1
Congenital Malformation	4
Antepartum Haemorrhage	2
Toxaemia of Mother	-
Other Disease of Mother	-
Premature Birth	1
Other causes	2
Cause not stated	7
	<hr/>
Total	17
	<hr/>

#### Perinatal Mortality Survey.

In March 1958, a national survey of Perinatal Mortality was undertaken under the auspices of the National Birthday Trust Fund. The co-ordination of the work in Moray and Nairn was done by Miss Bulloch, County Nursing Officer, who arranged for the completion of the survey schedules in respect of hospital births as well as home confinements. The findings of the survey are awaited with interest.

#### HEALTH VISITING.

As in previous years, the District Nursing Sisters have combined the duties of Health Visitor, Domiciliary Nurse, District Midwife and School Nurse. The table below indicates that the total number of visits paid on Health Visiting duties increased quite substantially during 1958. This was in fact the fourth successive year in which an increase had occurred. In view of the rising number of cases on the Health Visitors' time in regard to preventive work, it would be wise to consider in the near future the adequacy of the staffing arrangements in the various districts.

Type of visit	1957		1958	
	No. visited	Total visits	No. visited	Total visits
Expectant Mothers	294	1,852	259	1,970
Infants	1,051	12,984	1,120	13,952
Children (1 - 5 years)	3,475	11,346	3,683	12,236
Tuberculosis Cases	137	1,766	186	1,997
Other cases	30	1,500	44	3,058





### HOME NURSING.

During the year 3,445 patients received nursing care in their own homes, a total of 55,312 visits being made. As a matter of interest the figures for the past 5 years are shown in the table below.

Year	No. of patients attended	No. of visits paid
1954	3,813	59,329
1955	3,506	54,959
1956	3,423	53,829
1957	3,551	56,215
1958	3,445	55,312

Continuing the policy of modernising the fleet of District Nursing Sisters' motor cars, four new Ford Populars were purchased during the year for use in the Alves, Ardolach and Auldearn, Duffus and Nairn districts. In Elgin a new double garage was built for the cars at the Hay Street Home.

As in former years, the District Nursing Service undoubtedly played a considerable part in providing home care for patients who might otherwise have been in hospital. It is not possible to give actual statistical information on this point.

### VACCINATION AND IMMUNISATION.

#### Vaccination against smallpox.

Notifications of vaccinations in 1958 were as follows:-

	<u>Primary Vaccination</u>	<u>Re-Vaccination.</u>
Typical Vaccinia	823	46
Accelerated Reaction	1	38
Reaction of Immunity	2	35
No Local Reaction	<u>20</u>	<u>14</u>
	846	133

During the year, the number of primary vaccinations dropped to 846 from 925 in the previous year. 779 of these primary vaccinations were performed in children born in 1957 and 1958 so that infant vaccination continues at a good level. The position, however, will require to be carefully watched. Hitherto, Moray and Nairn have had an exceptionally good record in this respect and it would be a great pity if this were to be lost.

#### Immunisation against Diphtheria.

Records of immunisation during 1958 were as follows:-

<u>Year of Birth</u>	<u>Primary</u>	<u>Re-inforcement</u>
1958	87	-
1957	633	-
1956	83	-
1955	11	6
1954	4	47
1953	5	314
1952	9	26
1951	33	5
1950	11	-
1949	1	1
1948	-	-
1947	-	-
1946	-	-
1945	-	-
1944	-	-
1943 or earlier	-	-
	<u>877</u>	<u>399</u>





The number of children who received a primary course of immunisation against diphtheria fell from 1,023 in 1957 to 877 in 1958. This is disappointing but it was expected and probably inevitable. The reason for the drop was that vaccination against poliomyelitis was in full swing for children over the age of six months and the diphtheria protection for many babies was deferred. One would hope that these children would be protected against diphtheria by their second birthday instead of by their first birthday.

#### Protection against Whooping Cough and Tetanus.

It will perhaps be recalled that in September 1957 the Health Committee approved the extension of the vaccination scheme to include protection against whooping cough. Most infants in the area are now protected against whooping cough and tetanus as well as diphtheria in a combined course of injections. This is demonstrated in the following table.

Number of children who have			<u>Total</u>
1. completed a primary course of pertussis vaccine during the year 1958	(a)	pertussis alone	2
	(b)	pertussis + diphtheria	150
	(c)	pertussis + diphtheria	
		+ tetanus	679
11. had a booster dose during the year 1958	(a)	pertussis alone	-
	(b)	pertussis + diphtheria	14
	(c)	pertussis + diphtheria	
		+ tetanus	18

#### Vaccination against Poliomyelitis.

It will be remembered that the scheme for vaccination against poliomyelitis was launched in 1956 with the offer of protection for children born in the years 1948 to 1954. During 1956, only a small proportion of those desiring vaccination were able to be protected because of difficulties in the supply of material. By the end of 1957, however, very good progress had been made with the originally registered age-group, and in addition children born in the first half of 1957, and in the years 1955 and 1956 and 1943 to 1946 had been brought into the scheme. Expectant mothers also received the offer of vaccination.

The year 1958 saw two further important steps in the progress of vaccination against poliomyelitis. In the early months of the year we began to receive imported supplies of "Salk" vaccine from the United States and Canada to supplement the stocks of British material. This resulted in an immediate increase in the tempo of vaccination.

Later in the year, the offer of vaccination was extended to persons born in the years 1933 to 1942 as well as to hospital staffs and other persons considered to be at increased risk. The scheme therefore by the end of the year included all those over six months of age and under 25 years. At the same time it was announced that in addition to two injections at an interval of three to four weeks, a third dose of vaccine should be given at least seven months after the second one. As supplies of vaccine were still limited and as registration continued to be an essential preliminary to vaccination, it will be realised that these additions to the programme laid a very heavy load of work on the administrative and clerical staff as well as on those who had to give the injections.

By the end of the year, although the number of children who had received third or re-inforcing injections was very small, it was considered that very satisfactory progress had been achieved. The general practitioners in the area/





area bore a very heavy share of the work, and without their help such loss would have been accomplished,

Year	No. of persons vaccinated with two injections.
1956	572
1957	4,394
1958	6,261

At the end of December 1958, 811 persons who had received 1st injections were awaiting their 2nd dose. In addition, 49 persons had received 3rd injections.

#### PREVENTION OF ILLNESS, CARE AND AFTER-CARE.

##### TUBERCULOSIS.

###### (1) Deaths.

There were three deaths due to tuberculosis in Moray and Nairn in 1958. All were attributable to the pulmonary form of the disease. The mortality rate was therefore 5.2 per 100,000 both for all forms of tuberculosis and for pulmonary tuberculosis. In 1957, there were eight deaths, the rate being 13.7 per 100,000 for all forms of the disease. Three tuberculosis deaths was the same number in the area as occurred in 1952, and the hitherto lowest recorded mortality was therefore equalled. The mortality rate for the whole of Scotland was 13 per 100,000 of population.

The ages at death of the fatal cases were as follows:-

- (1) Female aged 76.
- (2) Male aged 34.
- (3) Female aged 34.

###### (11) Notifications.

47 persons were notified to the Health Department during the year as believed to be suffering from tuberculosis, as compared with 43 in 1957. 44 notifications were in respect of pulmonary disease as compared with 36 in the previous twelve months. Six notifications concerned non-pulmonary disease, a reduction of one case as compared with 1957. The diagnosis of tuberculosis was confirmed in 36 cases, the location of the disease being as shown below. The figures for 1957 are also given.

Site of Disease	1957	1958
Lungs	22	30
Abdomen	1	2
Bone and Joint	2	-
Meninges	1	-
Superficial Glands	-	1
Other Organs	1	3
TOTAL	27	36

The age and sex incidence of confirmed notifications is illustrated in the accompanying table.

There have been no deaths from this disease since 1917. The number of cases reported in 1917 was 100,000.

Year	No. of persons notified
1917	100,000
1918	100,000
1919	100,000

At the end of 1917, the number of cases was 100,000. In 1918, the number of cases was 100,000. In 1919, the number of cases was 100,000.

### NOTIFICATION OF TUBERCULOSIS, CASES AND MORTALITY CASES.

#### TUBERCULOSIS

##### (1) Deaths

There have been 100,000 deaths from tuberculosis since 1917. The number of deaths reported in 1917 was 100,000. In 1918, the number of deaths was 100,000. In 1919, the number of deaths was 100,000.

The age at death of the fatal cases was as follows:-

- (1) Female aged 75.
- (2) Male aged 35.
- (3) Female aged 35.

##### (11) Notification

17 persons were notified to the Health Department since 1917. The number of persons notified in 1917 was 100,000. In 1918, the number of persons notified was 100,000. In 1919, the number of persons notified was 100,000.

Year	No. of cases
1917	100,000
1918	100,000
1919	100,000

The age and sex distribution of notified cases is illustrated in the accompanying table.

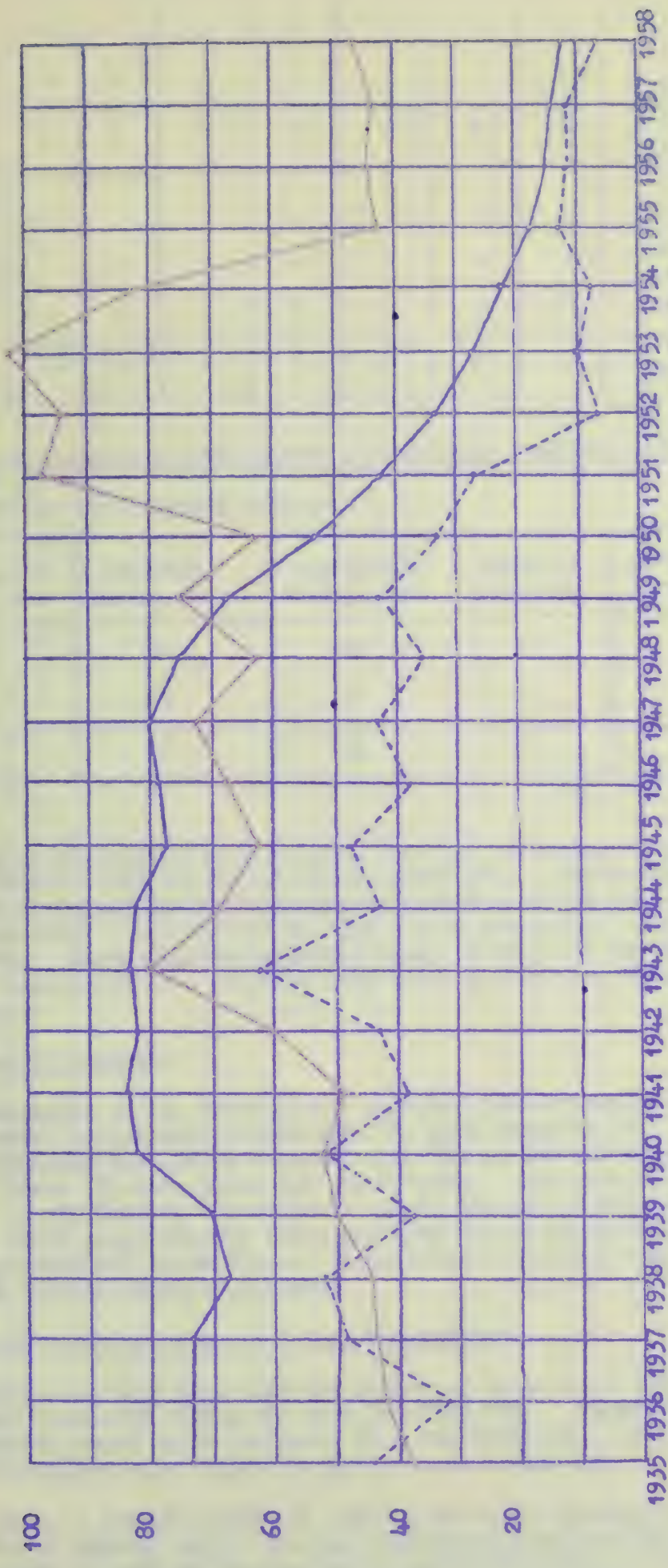


Tuberculosis in Scotland and in Moray and Nairn, 1935 - 1958.

Death Rates per 100,000

Scotland ———  
Moray and Nairn - - - - -

No. of cases notified in Moray and Nairn



Year.

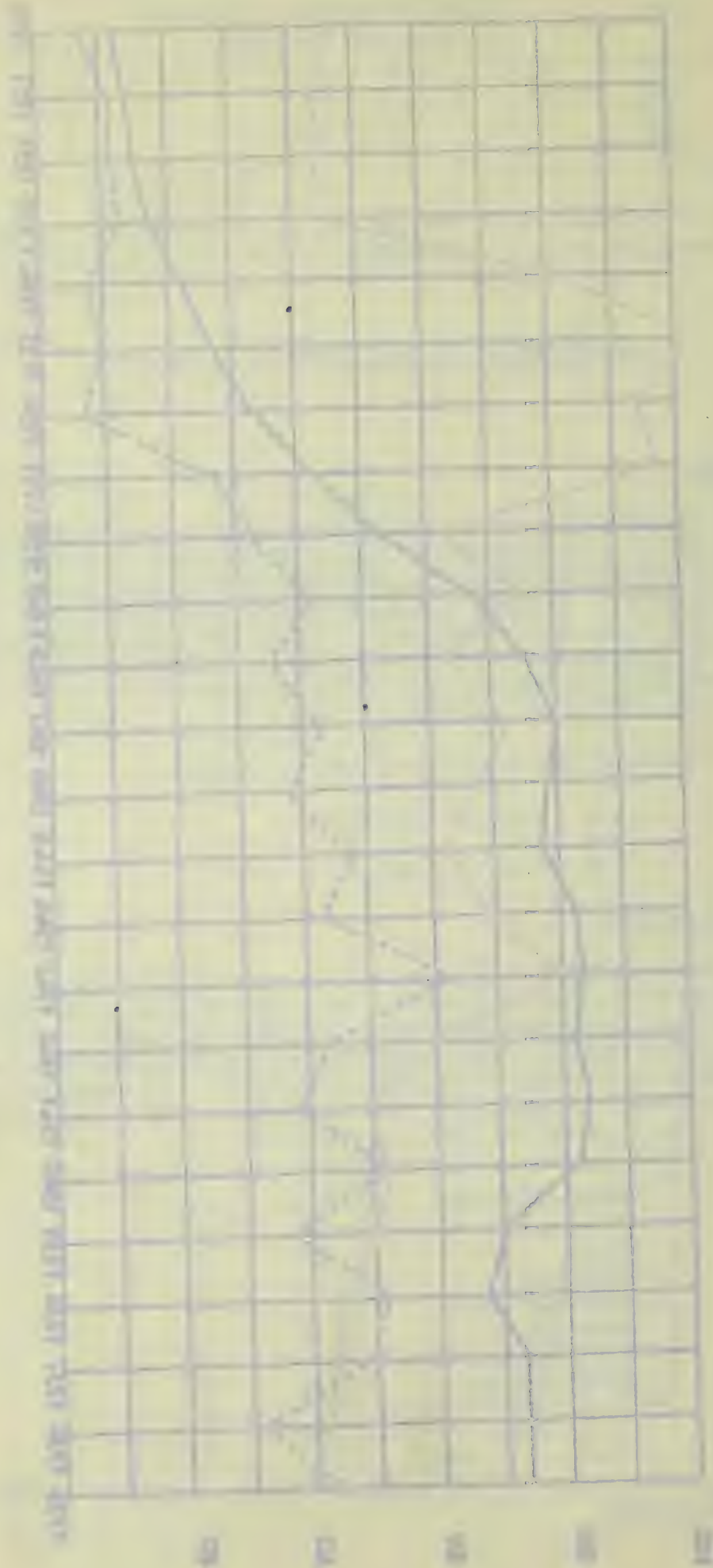
Fig. 1. The effect of the temperature of the solution on the rate of the reaction.

0.01 mole/l. of the solution

0.01 mole/l.

0.01 mole/l.

0.01 mole/l. of the solution





Age Groups	0-4	5-14	15-24	25-34	35-44	45-54	55-64	65+	Total
<u>Respiratory.</u>									
Males	-	-	2	3	3	4	4	1	17
Females	-	2	4	4	1	-	1	1	13
Total	-	2	6	7	4	4	5	2	30
<u>Non-Respiratory.</u>									
Males	-	-	-	-	-	2	1	-	3
Females	-	-	-	3	-	-	-	-	3
Total	-	-	-	3	-	2	1	-	6

(111) Hospital Admissions and Discharges (Respiratory Tuberculosis).

These are shown in the following table:-

	In hospital on Jan. 1st	Admitted during year	Discharged during year.	Died in hospital.	In hospital on Dec. 31st.
Male	6	23	24	1	4
Females	5	20	21	1	3
Total	11	43	45	2	7

During 1958, there was virtually no waiting list for admission to hospital for treatment when this was advised by the Chest Physicians. The number of hospital beds in the area occupied by tuberculosis patients at the end of the year was 7 as compared with 11 at the end of 1957, 19 at the end of 1956, and 27 at the end of 1955. These figures illustrate very clearly the way in which tuberculosis, considered as a hospital in-patient problem has diminished in the past four years.

(iv) Tuberculosis Register.

The number of patients on the tuberculosis register however has not diminished. The number of patients resident in the area known to be suffering from tuberculosis was 348 as compared with 324 at the end of the previous year. Of these 193 were males and 155 females. 299 were on the register on account of respiratory tuberculosis and 49 because of other forms of the disease. A large proportion of these patients are of course merely under periodic observation and surveillance, their treatment having been completed and normal working activity resumed.

(v) Investigation of Contacts and B.C.G. Vaccination.

The tables printed overleaf show that the number of contacts of new cases examined by the Chest Physician during the year totalled 182. Three of these contacts were themselves found to be suffering from tuberculosis. The total number of X-ray examinations carried out on family contacts was 495.

As in former years, a certain number of persons who were advised to have a chest X-ray because of contact with a case of tuberculosis refused to co-operate. The number of such people was small, and in the main, relatives and friends are only too glad to be examined for their own protection.

The/







The number of tuberculosis contacts who received B.C.G. during the year was 66 as compared with 54 in 1957.

Contacts seen for the first time during the year.

		1950	Average 1951-1955	1956	1957	1958
Adults	- Male	19	50	43	52	42
	- Female	18	60	47	50	50
Children	- Male	31	50	61	41	45
	- Female	37	40	52	26	45
	Total	105	200	203	169	182

X-ray Examination of contacts. 80 508 591 481 495

Skin Tests (including initial, post B.C.G. and annual).

Adults	- positive	3	10	-	-	-
	- negative	2	5	1	1	-
Children	- positive	39	88	170	167	182
	- negative	27	47	55	70	93
	Total	71	149	226	238	275

Contacts found to be suffering from Tuberculosis. 1 7 2 2 3

Contacts who refused examination. 5 31 18 21 17

B.C.G. Vaccinations, (other than school-leavers).

Nurses	- Male	-	-	-	1	-
	- Female	1	5	3	3	8
Students	- Male	-	-	-	-	-
	- Female	-	-	-	-	-
Contacts	- Male	11	21	23	32	29
	- Female	9	20	26	18	29
		21	46	52	54	66

(vi) B.C.G. Vaccination of School Children.

During the school session 1957-1958, B.C.G. vaccination against tuberculosis was again offered to pupils approaching school leaving age, the children born in 1944 being the age-group for skin-testing and vaccination. The percentage of parents who gave consent for their children to be included in the scheme was again/

During the school session 1957-1958, B.C.G. vaccination against poliomyelitis was again offered to pupils attending school leaving age, the children born in 1944 being the age-group for whom testing and vaccination was recommended. The percentage of pupils who have consented to the offer is set out in the table below.

(vi) B.C.G. Vaccination in school children

Sex	Total	1957-1958		1956-1957	
		Consented	Refused	Consented	Refused
Boys	21	11	10	21	10
Girls	29	18	11	25	4
Total	50	29	21	46	14
Boys	21	11	10	21	10
Girls	29	18	11	25	4
Total	50	29	21	46	14

B.C.G. Vaccination (over the school-leaving age)

Contacts who refused vaccination

Contacts found to be positive from laboratory

Sex	Total	1957-1958		1956-1957	
		Positive	Negative	Positive	Negative
Boys	21	11	10	21	10
Girls	29	18	11	25	4
Total	50	29	21	46	14
Boys	21	11	10	21	10
Girls	29	18	11	25	4
Total	50	29	21	46	14

Spin Tests (including initial B.C.G. and annual)

Sex	Total	1957-1958		1956-1957	
		Positive	Negative	Positive	Negative
Boys	21	11	10	21	10
Girls	29	18	11	25	4
Total	50	29	21	46	14
Boys	21	11	10	21	10
Girls	29	18	11	25	4
Total	50	29	21	46	14

Contacts seen for the first time during the year

The number of individuals contacted who received B.C.G. during the year was 12 as compared with 24 in 1957



again very satisfactory at 89%. 648 pupils received preliminary mantoux tests and of these 142, or 21.9% were positive. 506, or 78.1% were negative and these were given B.C.G.

The reactor rate of 21.9% compares with 27.5% in the previous session.

In addition to the 1944 age-group, B.C.G. was offered to all new entrants at the Pre-Nursing College at the Haugh, and a few pupils who had been missed in the previous session because of absence were done.

The details of the results of tuberculin tests at the secondary schools in the Combined County are shown in the table.

TUBERCULIN TESTS - Session 1957-58.

1944 Age-group.

School	Number Tested	Positive		Negative	
		No.	%	No.	%
Elgin Academy	161	26	16	135	84
Forres Academy	112	27	24	85	76
Nairn Academy	95	25	26	70	74
Grantown Grammar S.	43	6	14	37	86
Milne's High School	52	22	42	30	58
Lossiemouth J.S.	59	6	10	53	90
Rothies J.S.	34	10	29	24	71
St. Andrew's Lhanbryde J.S.	15	5	33	10	67
Alves J.S.	21	3	14	18	86
Duffus J.S.	36	5	14	31	86
Dyke J.S.	11	2	18	9	82
Cawdor J.S.	9	5	56	4	44
TOTAL	648	142	21.9	506	78.1

(vii) Additional Nourishment.

As in former years, additional nourishment in the form of milk was supplied on the authority of the Medical Officer of Health as recommended by the Chest Physician to active cases of tuberculosis. At the end of the year, 13 persons were being helped in this way.





## Introduction      MASS MINIAURE RADIOGRAPHY

The years 1957 and 1958 saw a tremendous national drive against tuberculosis in Scotland with massive X-ray campaigns being mounted in the industrial areas. The programmes in the cities of Edinburgh, Glasgow, Aberdeen and Dundee caught the public imagination with each town striving to beat the records of its rivals in the percentages of the population X-rayed. It was with this background that the Joint County Council of Moray and Nairn decided to make arrangements for a Mass X-ray Campaign during 1958. Planning was commenced towards the end of 1957 and the Aberdeen Mobile X-ray Unit was made available for a period of four weeks in the spring of 1958 and for a further three weeks at the end of the summer.

### Preparation for the Campaign

This included the detailed arrangement of the programme, the booking of suitable halls for the X-ray sessions, and the provision of adequate publicity. Interest in the Campaign was stimulated by the use of press advertising, by the display of banners and posters and by the distribution of leaflets to households by Boy's Brigade, Girl Guides and Boy Scouts. The local newspapers helped considerably by printing special articles, news stories, and photographs of the Campaign. Other publicity measures employed included the issue of book-marks by the libraries, and the showing of slides and short films in the local cinemas. Circular letters were sent to such groups as Town Councils, District Councils, clergymen, headteachers, employers of labour and trade union officials enlisting their interest and support. General medical practitioners and district nursing sisters were also kept fully informed of the arrangements so that they could encourage their patients to attend for X-ray. In addition talks were given in schools and to various adult organisations by a lecturer from the Scottish Council for Health Education and by members of the Local Authority Staff.

### Voluntary Workers.

Arrangements were made for voluntary help to be available from B.H.C.S. and V.O.S. at the X-ray sessions and these workers proved invaluable for "booking-in", the marshalling of queues, etc., while extra clerical help was enlisted as required from District Nursing Sisters and Health Department staff. Messages which received wide publicity from the Chairman of the Joint County Council, the Chairman of the Joint Health Committee, the Lord Provost of Elgin, and the Provosts of the other burghs gave the Campaign a good send-off. It will be readily appreciated that the encouraging result of the venture was due to very many people working for a common purpose, and a warm tribute is gladly paid here to the numerous voluntary workers who showed great community spirit throughout the Campaign.

### Prizes or no Prizes?

The Health Committee decided not to give prizes of any kind, as was done in many other areas to encourage the attendance of some who might otherwise not have been X-rayed. This was wise as it seems to be wrong to bribe people to do something which they ought to be pleased to do in their own interest as well as in that of the community. As it turned out, the Council's confidence in the good sense of the people of Moray and Nairn was well founded as the Campaign was a great success. Almost all the public sessions were crowded and the evening sessions in particular were often hectic. On four of the days of the campaign over a thousand persons were X-rayed. This is exceedingly hard going for the small staff of a mobile unit and great credit is due to Dr. John Young and his team from Aberdeen for the cheerful and uncomplaining manner in which they tackled their work. There was one anxious period when the X-ray apparatus broke down at a "recall" session in Elgin. However, it was







was required in time for the normal programme to be undertaken at Lonsdown with the following day.

### General Notes

In the spring phase of the Campaign, chest X-ray was offered to all pupils in the secondary schools of the County and the response was practically 100%. In the autumn however, it was decided to X-ray only children over 14. Again the response was almost complete. Special arrangements were made for the education of teaching staff, master staff, janitors etc., throughout the year and here again the response was excellent. The few teachers who were not X-rayed at the mobile unit were offered appointments at one of the local hospitals after the Campaign was over. Visits were made by the X-ray unit to the mill of Messrs. J. Johnston in Elgin, the canning factory at Messrs. W. Hunter at Rochabers, to Bilbhall Hospital and to the schools at Gortonston and Altyre. All the other sessions were open to the public, although on certain occasions, the unit started operating before the advertised hour to X-ray special groups of persons such as the residents from Gortonston.

### Results of the Campaign

The first table shows the number of persons X-rayed in each of the places visited.

Number of Persons X-rayed on each day of Campaign

<u>Date</u>	<u>Place</u>	<u>No. X-rayed</u>
14. 4. 58	Barghead	458
15. 4. 58	Ropewalk	634
16. 4. 58	Elgin (Messrs. Johnston's Mill and Moray Street Car Park.)	500
17. 4. 58	Elgin (Moray Street Car Park.)	526
18. 4. 58	Elgin (Moray Street Car Park)	768
21. 4. 58	Elgin (Moray Street Car Park)	1,142
22. 4. 58	Elgin (Moray Street Car Park)	1,193
23. 4. 58	New Elgin	707
24. 4. 58	Rochabers	927
25. 4. 58	Elgin (Seafield School)	1,048
1. 5. 58	Lonsdown	955
2. 5. 58	Lonsdown	804
3. 5. 58	Lonsdown	274
5. 5. 58	Gortonston School	325
6. 5. 58	Altyre School	150
20. 8. 58	Nairn	552
21. 8. 58	Nairn	852
22. 8. 58	Nairn	868
25. 8. 58	Forres	751
26. 8. 58	Forres	1,057
27. 8. 58	Forres	980
28. 8. 58	Grantown-on-Spey	545
29. 8. 58	Grantown-on-Spey	442
2. 9. 58	Rothes	619
3. 9. 58	Messrs. Baxter, Rochabers	87
	Seafield School, Elgin	52
4. 9. 58	Elgin (Drill Hall)	129
5. 9. 58	Elgin (Drill Hall)	146
6. 9. 58	Bilbhall Hospital	102
Total		17,601

The numbers examined subdivided into groups according to age and sex are shown in the table overleaf.

1. The first of the three main types of the system is the "fixed" system, in which the number of units is fixed and the number of units in the system is fixed. This system is used in the case of a fixed number of units and a fixed number of units in the system. The second type of the system is the "variable" system, in which the number of units is variable and the number of units in the system is fixed. This system is used in the case of a variable number of units and a fixed number of units in the system. The third type of the system is the "flexible" system, in which the number of units is variable and the number of units in the system is variable. This system is used in the case of a variable number of units and a variable number of units in the system.

around 5000 and 7000. I am assuming the numbers are roughly equal. I will only

and 0.2% of the total sample.

Page	Page	Page
100	100	100
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190	190	190
191	191	191
192	192	192
193	193	193
194	194	194
195	195	195
196	196	196
197	197	197
198	198	198
199	199	199
200	200	200

the two low type of guano was equally of the same nature and composition.



Age Group	Males	Females	Total
0 - 14	826	659	1,485
15 - 24	1,654	2,004	3,658
25 - 34	1,476	1,615	3,291
35 - 44	1,573	1,899	3,272
45 - 59	1,798	2,258	4,056
60+	803	1,020	1,823
Age not stated	7	9	16
	7,937	9,664	17,601

Of those examined 17,164 were resident in Moray and Nairn and 437 were home addresses outside our own county. Most of these people came from the neighbouring counties of Inverness and Banff but there were a number of visitors from other parts. 570, or 3.2% of those examined were recalled for a large film examination of the chest, and 200, or 1.1% of those examined were referred to the Chest Physicians for further investigation. The final analysis of the results was as follows:

#### Tuberculous Abnormalities.

##### Males.

Age Group	0-14		15-24		25-34		35-44		45-59		over 60		Total	
	New	P.K.	New	P.K.	New	P.K.	New	P.K.	New	P.K.	New	P.K.	New	P.K.
Active P.T. requiring treatment	-	-	1	-	-	1	2	-	4	-	1	-	8	1
Significant P.T. requiring observation	-	-	2	-	9	-	7	3	9	2	13	2	40	8
Healed P.T. N.F.A. required	-	-	-	-	1	2	4	1	3	4	2	5	10	12

##### Females.

Age Group	0-14		15-24		25-34		35-44		45-59		over 60		Total	
	New	P.K.	New	P.K.	New	P.K.	New	P.K.	New	P.K.	New	P.K.	New	P.K.
Active P.T. requiring treatment	-	-	-	-	4	-	2	-	1	-	1	-	8	-
Significant P.T. requiring observation.	-	-	2	1	2	5	1	1	5	1	13	1	23	9
Healed P.T. N.F.A. required	-	-	1	-	2	1	2	-	2	1	2	3	9	5

#### Notes on above tables.

- (i) P.T. = Pulmonary tuberculosis.
- (ii) N.F.A. = No further action.
- (iii) P.K. = Previously known.

Study of the above results shows that 16 active cases of pulmonary tuberculosis/





tuberculosis not previously known about were picked up at an earlier stage than would otherwise have occurred. This in itself justified all the time, money, and effort expended. These patients were put on to treatment at once so as to render them non-infectious to others and thereby further cases may well have been prevented. The period of illness in the 16 active cases was probably shortened for "early diagnosis means quick recovery." 65 patients not previously known about were also placed under surveillance and careful regular observation over a period of months by the means of discovering further active cases at the earliest possible moment.

Although the object of the Campaign was the discovery of cases of tuberculosis of the lungs, a number of non-tuberculous abnormalities of the heart and lungs were found. These patients were referred to their own family doctors for advice, and when necessary treatment. These non-tuberculous abnormalities are listed below.

Condition	Males	Females	Total
Pneumonia	43	8	21
Emphysema	9	5	14
Emphysema	4	-	4
Pulmonary Fibrosis	12	16	28
Pneumoconiosis	1	-	1
Benign Tumour	2	3	5
Bronchial Carcinoma	2	-	2
Sarcoidosis	3	4	7
Miscellaneous	57	89	146

#### Percentage of the Population X-rayed.

An estimate has been made of the percentage of the population X-rayed in each age group. These calculations can only be an approximation as they are based on the figures of the 1951 Census and the population structure will have changed to some extent since that year. A small number of those X-rayed did not give their age and a few persons were similarly reticent in 1951 but these were too few to affect the percentages.

#### Males.

Age-Group	15-24	25-34	35-44	45-59	60+	All ages above 15
Number X-rayed	1620	1436	1948	1757	789	6950
Estimated Population (1951 Census)	5952	4068	3742	4306	3670	21738
Percentage X-rayed	27%	35%	36%	40%	21%	32%

#### Females.

Age-Group	15-24	25-34	35-44	45-59	60+	All ages above 15
Number X-rayed	1911	1768	1848	2208	1009	8744
Estimated Population (1951 Census)	4122	3855	3768	4849	4926	21520
Percentage X-rayed	46%	46%	49%	45%	25%	41%

Year	1970	1971	1972	1973	1974	1975
1970	100	100	100	100	100	100
1971	100	100	100	100	100	100
1972	100	100	100	100	100	100
1973	100	100	100	100	100	100
1974	100	100	100	100	100	100
1975	100	100	100	100	100	100



It will be seen that generally speaking women attended better than men, and the younger generation rather better than the older folk. There were many exceptions of course, and one was recalling numerous old people now well advanced in the eighties and a few in their nineties, attending the unit. As the tendency nowadays is for T.B. to occur less frequently in young women and more often than formerly in older men, the lesson to be drawn from the above figures is that more effort should be concentrated on the men in any future X-ray campaign.

#### In Conclusion.

The results of the Campaign were most satisfactory. The percentage of the population X-rayed was very good for an area which is in the main rural in character. In point of fact, one mobile X-ray unit could not have handled such numbers in the way of numbers with any degree of comfort.

#### CHIROPODY.

During the year, the Joint County Council continued to give a grant of £75 to voluntary organisations which provided a chiropody service for old people in the area. The organisations concerned were again the Murray and Cairn Branches of the British Red Cross Society and the Elgin Old People's Welfare Association. The chiropody service continues to be of great benefit to many old people who would have difficulty in arranging suitable attention for themselves.

#### HEALTH EDUCATION.

The main "Health Education" effort during the year concerned the Mass X-ray Campaign. As has already been observed, Dr. Simpson, the Medical Lecturer of the Scottish Council for Health Education, visited the county during the Campaign and gave a number of talks in the schools, the emphasis being on the benefits of mass X-ray. Many thousands of leaflets, supplied by the Scottish Council for Health Education and the National Association for the Prevention of Tuberculosis were distributed during the Campaign.

During the Autumn part of the X-ray programme, posters were widely displayed warning of the connection between lung cancer and cigarette smoking. It is not possible to say what effect, if any, these posters had.

In November 1958, a certain amount of publicity was undertaken in connection with the prevention of accidents in the home. Short films were shown in local cinemas. Leaflets were distributed to Health Visitors for use in their daily work, and publicity material was offered to many women's organisations in the area. In fact, not many organisations took advantage of this offer. Press and B.B.C. items probably had more effect than the purely local effort.

During the year, a lecture on the "Diagnosis of Deafness in Young Children" was given to the District Nursing Sisters by Dr. Thomson of Aberdeen. This was a very successful venture and it is hoped to arrange similar events in the future.

As usual the staff of the Health Department were called upon to give talks during the year to various organisations. The Scottish Council for Health Education were often able to supply films to illustrate these talks and their help is gratefully acknowledged.

#### DOMESTIC HELP.

During the year 1958, the Domestic Help Service continued to grow. This is shown in the table giving the number of cases helped during the last three years. The number of women actually employed as part-time helps at the end of/





of the year was 19. It will be seen that in the majority of instances, home help is supplied on account of chronic illness or old age. In many of these cases, hospitalization would be necessary but for the provision of home help. In some other cases, it would be necessary for the breadwinner of the family to stay at home from work but for the Home Help service. This account on old people and chronic sick has developed naturally with the growth of the Service, which has not been intentionally adapted to meet these requirements. In quite a number of these households, domestic assistance is necessary for prolonged periods, and in this area no limit has been set to the length of time help may be given.

	<u>1956</u>	<u>1957</u>	<u>1958</u>
No. of cases for which Helps were provided	25	43	49
No. of above provided on account of confinement.	6	7	6
No. of above provided on account of chronic sick, aged and infirm.	19	30	34

CONTROL OF INFECTIOUS DISEASE.

Table of Notifications.  
(Excluding Tuberculosis.)

Disease	1954	1955	1956	1957	1958
Cerebrospinal Fever	-	-	-	4	2
Diphtheria	-	-	-	-	-
Dysentery	5	13	9	11	7
Erysipelas	15	12	1	4	7
Food Poisoning	+	+	-	10	-
Jaundice, Acute Infective	-	-	-	-	1
Ophthalmia Neonatorum	-	1	-	1	-
Pneumonia, Acute Influenzal	2	1	5	14	4
Pneumonia, Acute Primary	84	73	56	54	40
Polioomyelitis, Acute	9	11	5	3	20
Puerperal Fever & Pyrexia	-	2	3	-	-
Scarlet Fever	49	20	33	12	30
Typhoid & Paratyphoid Fever	-	3	-	-	9
Whooping Cough	209	180	9	27	38

+ Made notifiable in 1956





177 cases of notifiable disease were reported to the Health Department in 1958 as compared with 155 cases in 1957 and 128 in 1956.

Diphtheria. For the eighth successive year, no case of diphtheria was notified in the County.

Acute Infective Jaundice. One case was notified, the first in the County since 1953. Acute infective jaundice (Weill's disease) usually occurs in workers who may come into contact with rats in the course of their duties. This particular case involved a distillery worker in the County of Moray and unfortunately proved to be fatal.

Scarlet Fever. 30 cases of scarlet fever were notified during the year as compared with 12 in 1957. The disease kept cropping up in various parts of the area throughout the year and there was no large group of cases. Generally speaking the form of the illness was very mild.

Food Poisoning. No cases of food poisoning were brought to the notice of the Health Department in 1958.

Typhoid Fever. One case, a little boy of 5, occurred in a caravan site in the County during the summer. He had been infected in his own home town in the South of Scotland. Fortunately there was no spread of infection to other holiday-makers.

Paratyphoid Fever. 8 cases of this illness occurred during the year. All except one occurred in an outbreak towards the end of the year. The first case in the outbreak was a little girl aged two who was admitted to hospital for investigation with a provisional diagnosis of food poisoning. She was found in fact to have paratyphoid. The other cases were discovered shortly afterwards in the course of routine investigation in the hospital staff and other patients. One of these 6 had very mild symptoms, and the others had no symptoms whatever, being carriers of the causative organisms of the disease.

In addition to the cases in the above hospital outbreak, one patient was found to have a paratyphoid infection on routine examination as a contact of a case occurring in a neighbouring County.

Polio-myelitis. Two cases of polio-myelitis were notified from Moray during the year. The first, a boy of 6, was severe, the paralysis being of a serious nature. The other patient, a boy of 8, was mildly affected and no paralysis developed. Neither of these patients had been protected by vaccination against the disease.

Nairnshire suffered from a savage attack of polio-myelitis in 1958, and although a full report was made to the Health Committee at the time, it is perhaps worthwhile to recall some of the outstanding features of the outbreak. On 9th September a male aged 50 was admitted from his home in the Burgh of Nairn to Culduthel Hospital with a diagnosis of polio-myelitis. It seems certain that this patient was infected, not locally, but on the west coast of Scotland. No further cases occurred for five weeks, and then on 16th October two further notifications were received. One of these was a child aged 14 months, whose home was in the village of Auldearn. The other patient was a schoolboy aged 7 who lived on a farm near Cawdor. On October 18th three further cases were notified. These were girls aged 9 months, 22 months and 3 years. Two of them were resident in the Burgh of Nairn while the third came from the landward area to the west of the town. The above 5 cases all took ill between 11th and 15th October (three of them on the 11th). No contacts, direct or indirect could be traced between any two of these cases or between any of them and the first case of five weeks previously.

A boy aged 2 was admitted to Culduthel on 22nd October with a diagnosis of polio-myelitis and thereafter cases were notified steadily until 31st October. A lull of about a fortnight followed and then 3 further cases were admitted to hospital between 12th and 19th November, making a total of 18 cases. The diagnosis/



17. Cases of poliomyelitis were reported to the Health Department in 1935 as compared with 125 cases in 1934 and 126 in 1933.

18. The following table shows the number of cases of poliomyelitis reported in each of the years 1933 to 1935.

As in previous years, one case was notified, the first in the County since 1933. Acute infectious poliomyelitis (Kell's disease) usually occurs in children and was first reported in 1934 in the County of Down. The outbreak was limited to a small number of cases and unfortunately proved to be fatal.

19. The disease kept cropping up in various parts of the area throughout the year and there was no large group of cases. Generally speaking the form of the illness was very mild.

20. The cases of food poisoning were brought to the notice of the Health Department in 1935.

21. The following table shows the number of cases of food poisoning reported in each of the years 1933 to 1935.

22. It was of this illness occurred during the year. All except one occurred in an outbreak towards the end of the year. The first case in the outbreak was a little girl aged two who was admitted to hospital for investigation with a complaint of food poisoning. The other cases were diagnosed as being due to food poisoning. The outbreak was very mild and the patients recovered quickly. The outbreak was very mild and the patients recovered quickly. The outbreak was very mild and the patients recovered quickly.

23. In addition to the cases in the County, there were a few cases in the neighbouring County.

24. The cases of poliomyelitis were notified in 1935.

25. Although a full report was made to the Health Department in 1935, it is possible worthwhile to recall some of the outstanding features of the outbreak. On 2nd September a male aged 50 was admitted from his home in the Borough of Halm to Cullinagh Hospital with a diagnosis of poliomyelitis. It seems certain that this patient was admitted to hospital on the 2nd of September. No further cases occurred for five weeks, and then on 16th October two further notifications were received. One of these was a child aged 14 months, who was in the family of the patient. The other patient was a woman aged 7 who lived in a house with the patient. The outbreak was very mild and the patients recovered quickly. The outbreak was very mild and the patients recovered quickly. The outbreak was very mild and the patients recovered quickly.

26. A full report was made to the Health Department in 1935.



Diagnosis of poliomyelitis was confirmed in all three patients. All except two of the cases had been sent into hospital with a diagnosis of poliomyelitis. After 11th November, no further notifications of poliomyelitis were received from Mairnshire. Although two female patients were admitted for investigation as possible cases on 28th November and 1st December. Neither case was confirmed.

The patients died of the disease, a boy of 7 and a little girl of 3. Of the remainder, 4 patients had the non-paralytic type of illness. The other patients suffered paralysis in degrees varying from very slight to very severe. Most of them had a very good recovery, but six months after the outbreak, 5 were still severely handicapped.

Of the 19 notified patients with poliomyelitis in Mairnshire 16 had not been protected by vaccination against the disease. Two patients had received the injections against poliomyelitis. One of these was a young married woman who had received protection as an expectant mother. Her illness was of the non-paralytic variety and recovery was complete. The other vaccinated patient was a little girl aged 5, whose disease was of a milder nature. She was recovering from an attack of measles when she fell sick with an illness characterised by paralysis and irritation of the brain. She was accepted as a case of poliomyelitis but it is not impossible that the condition was a complication of measles. Recovery was complete in this case.

An outbreak of poliomyelitis such as that just described naturally occasions great anxiety and receives wide publicity. The usual measures to prevent the spread of infection were put into operation. These included the exclusion from school of family contacts of the disease, and the surveillance of adult contacts. The necessity of a high standard of personal hygiene in schools, at home, in communal feeding places, and in food premises was stressed. In addition, publicity was given to general measures which should be given attention at such times such as avoidance of crowded assemblies and the avoidance of fatigue and over-exertion.

Deaths from Other Infections. Two deaths were caused by influenza and one by measles. One death resulted from meningococcal meningitis.

### MENTAL HEALTH SERVICES.

#### (1) Certification of persons of unsound mind.

<u>Removals during 1958.</u>	<u>Males</u>	<u>Females</u>
To Craig Dunain Hospital, Inverness.	-	1
To Morayshire Mental Hospital	13	10
To Royal Mental Hospital, Aberdeen	-	-
Voluntary admissions arranged for by Authorized Officer	1	-

#### Boarded-out Lunatics.

Under supervision in 1958	1	1
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#### (11) Mental Deficiency.

#### Mental Defectives Boarded Out.



Examination of the patient's history was conducted in all three instances. All three patients had been hospitalized with a diagnosis of poliomyelitis after this outbreak, and further examination of the patient's history was conducted. Although the three patients were admitted for investigation as possible cases of this disease and not because of the outbreak, the results were still extremely interesting.

The patient died at the hospital, a boy of 7 was a little girl of 3. The remaining 4 patients had the non-paralytic type of illness. The other patients suffered paralysis in degrees varying from very slight to very severe. One of them was a very good recovery, but the other three the recovery, 3 were still severely handicapped.

Of the 19 notified patients with poliomyelitis in Washington 16 had not been reported by vaccination against the disease. Two patients had received the injection without poliomyelitis. One of these was a young married woman and had received vaccination as an adolescent child. The illness was of the paralytic type and recovery was complete. The other vaccinated patient was a little girl aged 2, whose disease was of an unusual nature. She was recovering from an attack of measles when she fell sick with an illness characterized by paralysis and involvement of the brain. She was diagnosed as a case of poliomyelitis but it is not impossible that the condition was a complication of measles. Recovery was complete in this case.

An outbreak of poliomyelitis such as that just described naturally occasions great anxiety and interest with publicity. The usual measures to prevent the spread of infection were put into operation. These included the examination of the parents of family contacts of the disease and the isolation of child contacts. The necessity of a high standard of personal hygiene in schools, at home, in communal feeding places, and in food preparation was stressed. In addition, publicity was given to general measures which should be given attention at such times such as avoidance of crowded assemblies and the isolation of fatigue and over-exhaustion.

Deaths from Other Infections. Two deaths were caused by typhoid and one by measles. One death resulted from enterocolic meningitis.

## DEATHS FROM MEASLES

### Classification of persons of unusual age

<u>Recovery during 1958</u>			
		<u>Male</u>	<u>Female</u>
To Craig County Hospital, Lawrence		-	1
To Morristown Mental Hospital		1	1
To Royal Naval Hospital, Aberdeen		-	-
Voluntary admission arranged for by		-	-
Hospitalized Officer		1	-

### Boarded-out inmates

Under supervision in 1958

1

### Mental Defectives

### Mental Defectives Boarded Out



	<u>Males</u>	<u>Females</u>
<u>Mental Defectives Boarded Out.</u>		
From Moray and Nairn	6	6
From Other Areas	-	1
On licence from M.D. Institution	1	1

Mental Defectives in Institutions.

New Cases Admitted	2	4
Discharged	1	-
Died	-	-

NURSERIES AND CHILD MINDERS REGULATION ACT.

No registrations were in force during the year under the terms of this Act.

PORT HEALTH ADMINISTRATION.

Eight ships from foreign ports submitted Declarations of Health on entering port within the Combined County. All of these ships docked at Burghhead with cargoes of timber. Five of the vessels were of Dutch nationality, two were German and one Polish. The ships were all under 400 tons burden and carried crews numbering between 7 and 17. The Declarations of Health contained no information which required action by the Local Health Authority.

MISCELLANEOUS.

National Assistance Act, 1948.

Residential accommodation under part 111 of the Act is provided at Craignoray, Elgin (60 beds), Auchernack, Forres (14 beds) and Balblair, Nairn (24 beds). In addition to the local authority provision, residential accommodation for old people is available at Anderson's Institution, Elgin (36 beds) and Whinnickmowe Eventide Home, Nairn (38 beds).

It was not necessary during the year to take action for compulsory removal of any person under Section 47 of the Act because they were not having proper care and attention.

Nursing Homes Registration (Scotland) Act, 1938.

One nursing home in the area remained registered during the year under the terms of the above Act. It was inspected in accordance with section 5 of the Act. Exemption from registration was again granted to one institution in the area under section 6 of the Act.

Medical Department

First Lieutenant

First Lieutenant

First Lieutenant

First Lieutenant

First Lieutenant

First Lieutenant

First Lieutenant

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## APPENDIX A.

Table of Causes of Death.

	Average 1944 to 1950	Average 1951 to 1955	1956	1957	1958
1. Tuberculosis of Respiratory System	16.5	6.0	5	7	3
2. Tuberculosis, other forms	5.4	1.2	1	1	-
3. Syphilis and its sequelae	1.4	1.4	-	-	-
4. Typhoid Fever	-	-	-	-	-
5. Dysentery, all forms	x	-	-	-	-
6. Scarlet Fever and streptococcal sore throat	0.2	-	-	-	-
7. Diphtheria	1.0	-	-	-	-
8. Whooping Cough	1.0	0.2	-	-	-
9. Meningococcal infections	0.5	-	-	-	1
10. Acute poliomyelitis	x	-	1	-	2
11. Measles	0.5	0.2	-	-	2
12. Other infections and parasitic diseases	4.6	3.0	-	1	3
13. Malignant neoplasms	101.0	100.0	95	104	105
14. Benign and unspecified neoplasms	1.6	1.6	1	3	-
15. Diabetes mellitus	6.0	5.4	4	2	6
16. Anaemias	x	2.8	4	4	2
17. Other general diseases	10.0	3.8	4	6	5
18. Vascular lesions affecting central nervous system	99.7	116.0	106	93	124
19. Non-meningococcal meningitis	2.7	1.2	1	2	-
20. Other diseases of nervous system	13.4	11.0	11	9	17
21. Rheumatic Fever	1.1	-	-	2	-
22. Chronic Rheumatic Heart Disease	x	5.0	8	8	6
23. Arterio sclerotic and degenerative heart disease	x	204.0	222	213	212
24. Other diseases of heart	191.3A	12.0	11	9	13
25. Hypertensive heart disease	x	9.0	13	10	12
26. Other hypertensive disease	x	6.6	4	5	5
27. Other circulatory disease	16.5A	17.0	17	13	20
28. Influenza	4.7	3.0	2	7	2
29. Pneumonia (except of new born)	21.9	14.0	16	15	9
30. Bronchitis.	15.1	8.2	8	11	15





Table of Causes of Death (Contd).

	Average 1941 to 1950	Average 1951 to 1955	1956	1957	1958
31. Other Respiratory disease	10.0	5.4	4	5	2
32. Ulcer of stomach and duodenum	6.6	5.8	6	7	4
33. Appendicitis	2.9	0.8	1	1	-
34. Intestinal obstruction and hernia	x	4.4	5	4	2
35. Gastritis and duodenitis	x	-	-	-	-
36. Diarrhoea (except of new born)	x	2.0	3	2	3
37. Cirrhosis of liver	1.7	0.6	1	3	2
38. Other diseases of liver	2.8	2.6	5	5	2
39. Other digestive diseases	12.3	2.8	2	3	2
40. Nephritis and nephrosis	13.6	6.4	4	6	5
41. Hyperplasia of prostate	x	5.6	7	3	2
42. Other diseases of genito-urinary system	10.5A	4.4	3	4	7
43. Puerperal sepsis including post- abortive sepsis	1.0	-	-	-	1
44. Other puerperal causes	1.8	0.2	-	1	1
45. Disease of skin and organs of locomotion	2.0	2.2	3	5	4
46. Congenital malformations	x	7.0	11	10	4
47. Birth injuries, post-natal asphyxia and atelectasis	x	8.2	5	8	5
48. Pneumonia of new born	x	1.0	2	1	1
49. Diarrhoea of new born	x	-	-	-	-
50. Other infections of new born	x	-	-	-	-
51. Other diseases peculiar to early infancy	x	10.8	10	4	5
52. Senility	19.9	6.8	18	4	5
53. Cause ill-defined or unknown	11.7	7.4	5	7	1
54. Suicide and self-inflicted injury	3.3	1.8	1	-	2
55. Motor vehicle accidents	7.6	7.6	6	7	11
56. Other road transport accidents		0.6	-	-	-
57. Other violence	15.7	32.0	21	29	25
TOTAL	683.7B	656.0	653	649	660

x not recorded separately

A included more than now assigned to this category

B average total of deaths, not total entries in column.



Table of Causes of Death (Contd.)

	1957	1956	Average 1951 to 1955	Average 1951 to 1955	
21. Other Respiratory diseases	5	4	5.4	10.0	
22. Ulcer of stomach and duodenum	7	6	5.8	6.6	
23. Appendicitis	1	1	0.8	2.3	
24. Intestinal obstruction and hernia	4	5	4.4	x	
25. Gastritis and duodenitis	-	-	-	x	
26. Diarrhoea (except of new born)	2	2	2.0	x	
27. Cirrhosis of liver	2	1	0.6	1.7	
28. Other diseases of liver	2	2	2.6	2.8	
29. Other digestive diseases	2	2	2.8	12.3	
30. Nephritis and nephrosis	6	4	6.4	12.6	
31. Hyperplasia of prostate	2	7	5.6	x	
32. Other diseases of genito-urinary system	4	3	4.4	10.54	
33. Periparturient septicaemia including post-abortive septicaemia	-	-	-	1.0	
34. Other periparturient causes	1	-	0.2	1.8	
35. Diseases of skin and organs of locomotion	2	2	2.2	2.0	
36. Congenital malformations	10	11	7.0	x	
37. Birth injuries, post-natal asphyxia and atelectasis	8	5	8.2	x	
38. Pneumonia of new born	1	2	1.0	x	
39. Diarrhoea of new born	-	-	-	x	
40. Other infections of new born	-	-	-	x	
41. Other diseases peculiar to early infancy	4	10	10.8	x	
42. Sexuality	4	18	6.8	19.9	
43. Cause ill-defined or unknown	7	2	7.4	11.7	
44. Suicide and self-inflicted injury	-	1	1.8	2.3	
45. Motor vehicle accidents	7	6	7.6	7.6	
46. Other road transport accidents	-	-	0.6	7.6	
47. Other violence	2	21	32.0	12.7	
TOTAL	649	622	626.0	682.75	

x not recorded separately  
 A included more than now assigned to this category  
 B average total of deaths, not total entries in column



APPENDIX B.Staff as at 31st December, 1958.

Medical Officer of Health .....	John Dewar, M.B., Ch.B., D.P.H.
Assistant Medical Officer of Health ..	Margaret I. Bower, M.B., Ch.B., D.P.H.
Chief Dental Officer .....	Violet H. Sim, L.D.S.
Assistant Dental Officer .....	Ian W.M. Jeffrey, L.D.S.
Superintendent Nursing Officer .....	Catherine B. Bulloch, S.R.N., S.C., Q.N., H.V.
Dental Attendants .....	Janet Campbell.
	Patricia George.
Clerical Staff .....	Dorothy Robertson.
	Janet Bell.
	June Corbett.
	Alison Gault.
	Jean Officer.
	Helen Strachan.

Staff as at 31st December, 1958.

Medical Officer of Health .....	John Dewar, M.B., Ch.B., D.P.H.
Assistant Medical Officer of Health ..	Margaret I. Bower, M.B., Ch.B.
Chief Dental Officer .....	Nicole H. Sim, L.D.S.
Assistant Dental Officer .....	Ian T. M. Jeffrey, L.D.S.
Superintendent Nursing Officer .....	Catherine R. Bullock, B.N., S. G.N., H.V.
Dental Attendants .....	Janet Campbell.
	Patricia George.
Clinical Staff .....	Dorothy Robertson.
	Janet Bell.
	June Corbett.
	Aileen Gault.
	Joan O'Brien.
	Helen Strachan.

